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planet

COMMUNITY OWNED CO-OPERATIVE SHOP

Newsletter – Summer 2016



University Student Kirsty, our new volunteer, has kindly shared one of her tried & tested recipes: -

Aloe Pura's Aloe Vera SPF 25 Sun Lotion is made with 100% organic Aloe Vera. Produced from pure Aloe Vera inner gel, capturing the maximum nutritional activity of the Aloe Vera Barbadosis plant. This specially formulated Medium Protection SPF25 which includes vitamins, jojoba, avocado & chamomile gives you protection against burning UV rays. Aloe Pura Sun Protection products are free from perfumes, colours and unnecessary additives.



#### Sweet Potato Brownies

2 sweet potatoes  
10 medjool dates  
60g of whole almonds  
100g of ground almonds  
6tbsp of coconut oil  
4tbsp of raw cacao powder  
3tbsp of cacao nibs  
4tbsp of maple syrup

#### Method

Firstly, pre-heat the oven to 180 C or gas mark 4.  
Peel the sweet potatoes then chop into fine slices. Place the slices into a pan on high heat.  
Allow the potatoes to reach boiling point, then simmer for around 10-12 minutes until the slices are soft.  
Place all the ingredients into a food processor or blender, making sure to remove the stones from the dates.  
When the mixture reaches a smooth consistency, transfer onto a baking tray.  
Place the mixture into the oven for around 30 minutes.  
Allow the brownies to cool for around 15 minutes before slicing. Serve & enjoy!



We now stock a range of Birch water from TreeVitalise - extracted from 'tapping' birch trees in the Carpathian Mountains, an ecologically clean area of great natural beauty known as the "Green Pearl" of Eastern Europe, it is known to stimulate the body's purifying & cleansing systems.



To keep you cool this summer, along with our cool drinks and food range in our fridge cabinet, we now have a FREEZER! This is thanks to increased membership in our Co-operative, so we can offer our customers a range of organic frozen foods & ice creams.

## Contact Us

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/ONEplanetshop



@54AbbeyStreet



This frozen Greek style yogurt is thick and rich and has a squirt of heavenly honey sauce swirled through it. It also has a bit less fat than normal ice cream --- so help yourself to another scoop!



Frozen Beetroot & Feta sausages from Good Life contain fresh and crunchy beetroot, which is complimented by mild roasted fennel & all balanced by subtly salty feta. A touch of orange zest really makes this flavour combination complete!  
Great for BBQ's!

We stock a frozen range of Clive's pies, which are gluten free, organic and vegetarian (free from meat), and free from all artificial flavours and preservatives. Vegetable Chilli is yummy!





## WHAT'S ON LOCALLY?



Idle Women are delighted to invite you to the tow-path to visit a new floating arts centre.

We will be based in Church, Accrington for the Summer offering a number of activities.

Cis & Rachel, the Idle Women caretakers, will be holding social get togethers for women and girls starting Friday July 8th 5.30pm. Just turn up and join us for a cuppa, a BBQ and a fire.

These get together dates are: Fridays 8, 22 July and 12, 19 August, 2 September. Start time 5:30pm. All women are welcome, all activities are free for all levels and confidence. FREE creative sessions are on offer every Tuesday 5:30pm - 8pm throughout the summer too.

Idle Women are at the half way point picnic area on the canal - access via St James Road, Church, Accrington BB5 4JP Find Idle Women on [facebook](#) and [Twitter](#) or email: [info@idlewomen.org](mailto:info@idlewomen.org) [www.idlewomen.org](http://www.idlewomen.org)

**We're not just a shop, we're a Co-op!**

**ARE YOU A MEMBER?**

To find out more, pick a share issue booklet from our shop, or visit the link on our website

[www.oneplanet.coop/becomeamember](http://www.oneplanet.coop/becomeamember)

**Are you interested in volunteering for ONE Planet?**

Please contact Kerry our Shop Manager on 01254 383604, as there are lots of ways you can help out!



Some of the many products we stock from the fruit of this most ancient and precious tree – The Olive.

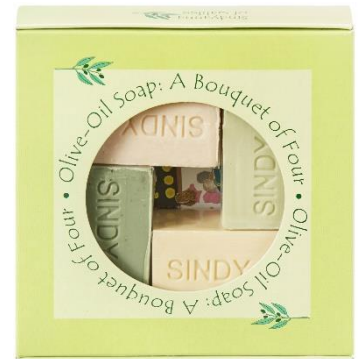


A deep cleansing handwash made in England, with genuine organic integrity by Bentley Organics, with olive, tea tree and eucalyptus, it is ideal if you're looking for that refreshingly clean feel.

**Zaytoon Organic Extra Virgin Olive Oil.** Produced from rain-fed and hand-picked olives that have been pressed on the day of picking, this award-winning extra virgin oil connects you with farmers whose ancestors have tended their trees by hand for countless generations. Naturally organic and ethically sourced from small-scale farmers in the West Bank, this is the world's first olive oil to be awarded Fairtrade certification in 2009.



Palestinian olive oil soap is naturally cleansing & suitable for all skin types including oily skin. Olive oil is the principal ingredient of these natural soaps. The soap is made and cut by hand in beautiful old soap houses by skilled craftsmen. The ancient city of Nablus has been producing soap since the 10th Century. This gift pack contains a bar each of: Pure olive oil, Lemon, Pomegranate and Sage.



A real Moorish treat ... Organic un-pitted Black Olives in a Moroccan marinade from Organico, who stay true to the organic values of the land that their southern Italian olives grow on. Ideal for cocktails, snacks and appetisers!

Organic Green Olive Vegetarian Pate from Tartex in a handy tube – ideal for picnics! This company care for people and nature through their ethical and sustainable production policies.



The Pukka tea range is amazing and we are sure you will find one that suits you and your mood. All are organic and produced with love. We think we have a great range, but if you are not sure which one to choose, here at ONE Planet you have the unique opportunity to buy a single tea bag sachet @ 20p each or 20 different ones for £2.39 (same price as a box) to try, before deciding on your favourite!